



NUTRITION CHECKLIST for Planning Sandwich Menus



Use this checklist to plan each two-week menu cycle that provides sandwiches as the main meal on all or most days of the week.

The number of serves recommended are the minimum required to meet the nutritional needs of children in care when one main meal and two snacks are provided.

MAIN MEALS

TYPE OF SANDWICH FILLINGS

- Each day, at least **1** sandwich filling is lean red meat
For example: beef or lamb
- All other sandwich fillings are a good source of iron or protein
For example: chicken, fish, legumes, eggs or cheese

NUMBER OF SANDWICH FILLINGS

- No more than **3** filling choices are offered each day

* Limiting the number of fillings encourages children to try different fillings and will help to ensure they get enough protein and iron

TYPE OF BREAD

- At least **4** different varieties of bread are used per fortnight

Different varieties of bread include:

Pita, Lavash, Turkish, Lebanese, bread rolls, foccacia, etc

- If **3** filling choices are offered, all breads used are wholemeal
- If **2** filling choices are offered, at least 1 slice of wholemeal bread per sandwich is used

SOURCE OF VITAMIN C

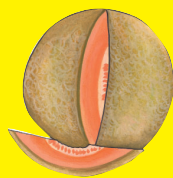
- A fruit or vegetable high in vitamin C is served with sandwiches at main meals



citrus fruit



capsicum



rockmelon



tomato



cauliflower and broccoli



kiwifruit

* these can be included in sandwich fillings or served separately

VEGETABLES AND FRUIT

- The menu includes at least **2** 'child size' serves of vegetables daily
- The menu includes at least **1** 'child size' serve of fruit daily
- Fruit juice, if served, is diluted and limited to once per day

*A variety of vegetables and fruit throughout the menu is important.

DAIRY FOODS

- The menu includes **3** 'child size' serves of dairy foods per day

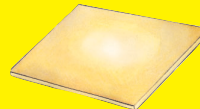
Each of the following is 1 serve:



1/2 cup (100ml) milk



1/2 small tub (1/3 cup) yoghurt



1 slice processed cheese or 20g block cheese



1/2 cup custard

*It is recommended that milk is offered at both morning and afternoon tea

• Cream, sour cream and butter are not substitutes for milk, yoghurt and cheese

SNACKS

- Snacks are planned on the menu as part of the total day's intake of dairy foods per day
- At each snack time a bread/cereal-based food appears on the menu
- Vegetable or fruit is included if necessary to meet the recommended daily number of serves

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